

ABSTRACT OF THE DISCLOSURE

A portable power training device for developing and strengthening body muscles by manually overcoming spring forces comprises a base body and at least one rope-like spring element. The base body is realized in the form of a long integral profile and contains at least one groove section for inserting the spring element which extends parallel to its longitudinal extent. One eyelet, through which the rope element is guided, is respectively arranged within the region of the free ends of the base body in the groove sections, wherein the rope element respectively has a thickening, the diameter of which is greater than the diameter of the eyelet, on its free ends. This power training device is characterized by a simple design and makes it possible to perform a series of training exercises that stress different muscle sections.